Amendments to the Specification

Please replace the Abstract following page 10 line with the following new Abstract:

--The invention provides an anchor device for a safety rope. The anchor device includes a ring mounted to a first end of a rod or tube for receiving the end of a safety rope, a mounting for securing the anchor device to a building element, and a locking nut for engaging a threaded portion of the rod or tube at a second end of the rod or tube, where the locking nut includes a non-threaded sleeve which extends around a portion of the rod or tube and which deforms when a load applied to the ring exceeds a predetermined value.—

Please replace the paragraph beginning at page 4, line 10 with the following amended paragraph:

--Referring to figures 1 to 5, the anchoring device 10 comprises a ring 12, a rod 14, a lock nut 16 and a mounting 18. The ring 12 is secured to one end of the rod 14. The ring 12 and rod 14 may be formed integrally or may be separate pieces welded together. The mounting 18 is preferably made of aluminum. Preferably ~~they are both of~~ the ring and the rod are made of stainless steel. The rod 14 is tapered at 20 and increases in diameter from about 8mm adjacent the ring 12 to about 13.7mm about 90mm from the ring. The taper may increase to a larger diameter, if desired. Preferably, the angle of the taper remains the same. The rod 14 then has a constant diameter portion 22 to its free end. A portion 22 of the constant diameter section is threaded. The constant diameter portion 22 is preferably about 60mm in length with the threaded portion 24 about 40mm in length. The lock nut 16 has an internal bore 26 threaded so as to receive the threaded portion 24 of the rod 14. The bore 26 may be threaded over only part of its length.--